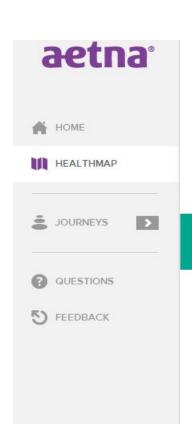
Quality health plans & benefits Healthier living Financial well-being Intelligent solutions

ætna®

Simple Steps To A Healthier Life®



Journeys - Selecting Stress as a Direction





You can find your "inner calm" no matter what challenges you face day-to-day. We'll help you set a simple plan of action that boosts your energy, clears your head—and puts worry in its place.



Get the best-fit recommendations

Use motivators to personalize your experience and change them anytime.

SET MY MOTIVATORS

Where this direction will take you

- · Forget feeling overwhelmed as you shrink stress in as little as 10 minutes a day.
- Restart your engine with simple steps that help you eat, sleep and move your way to less stress.
- · Practice small tweaks to your mental habits that not only boost productivity but help you find more fun.

Recommended For You

Choose from activities that match your health and interests.



Stress to Energy Sampler

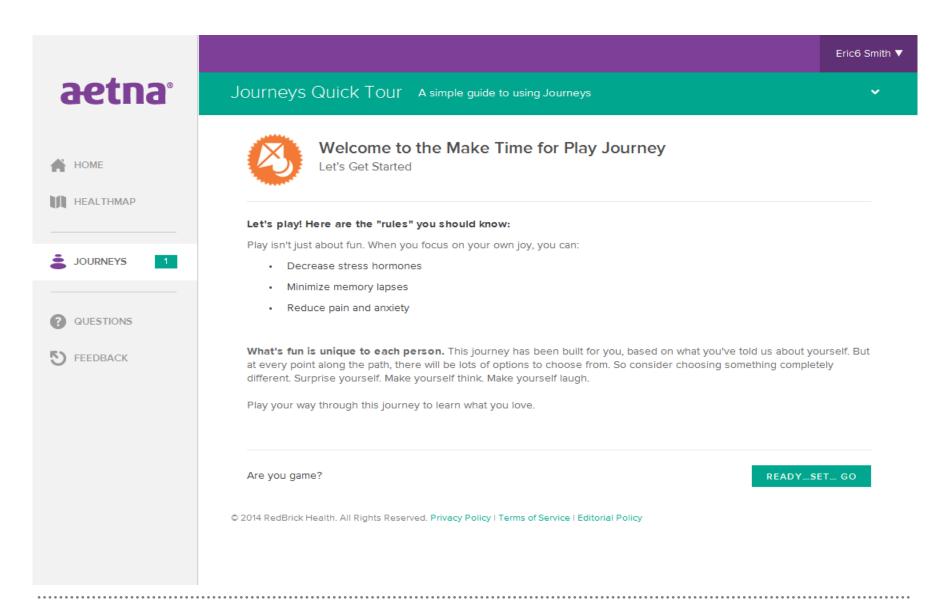


Make Time for Play

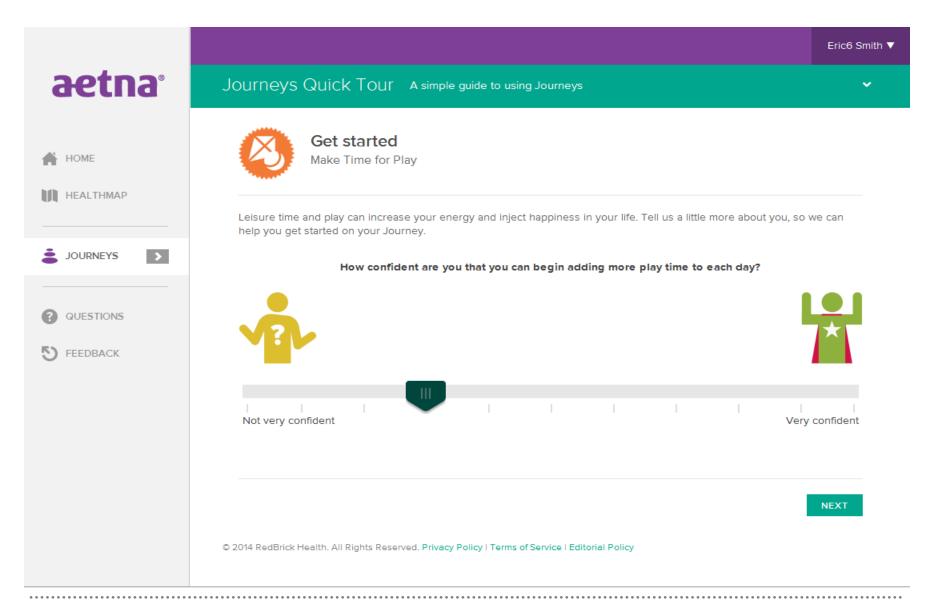


Choose a New Attitude

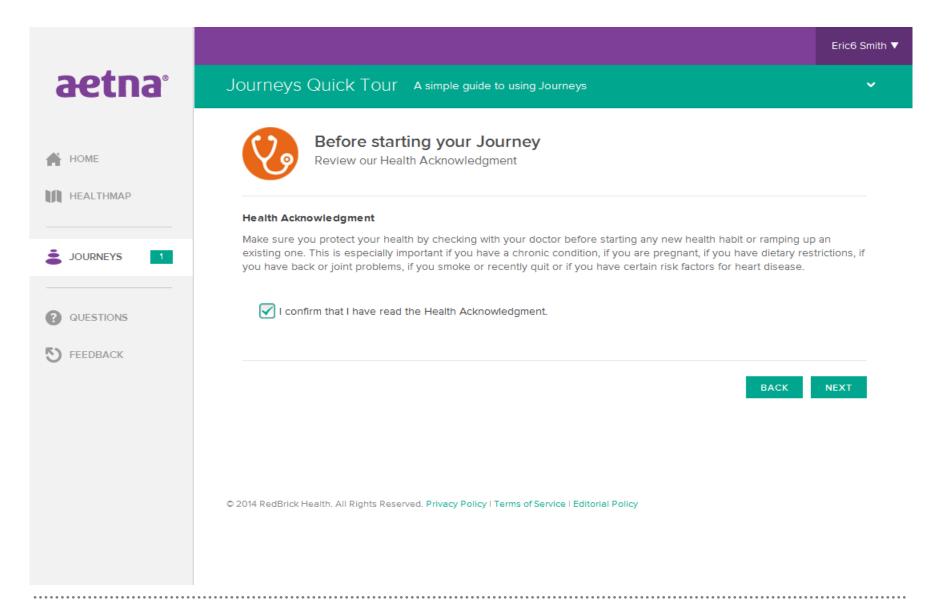
Journeys - Starting a Journey



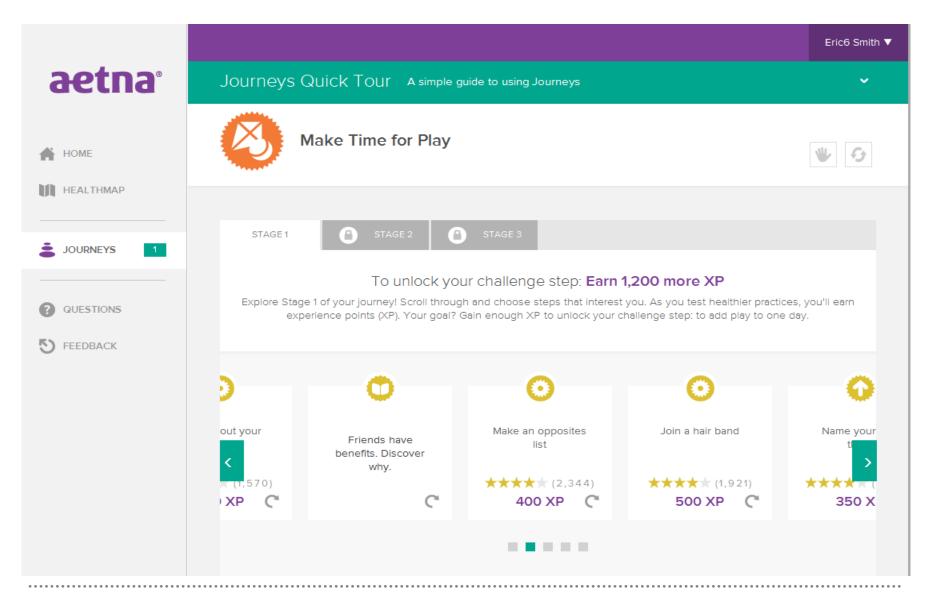
Journeys – Personalization survey



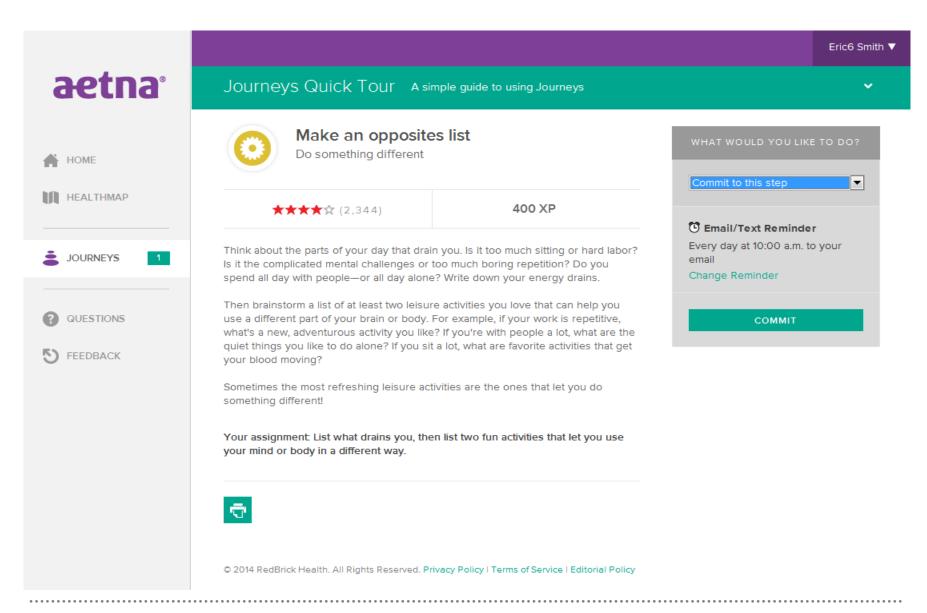
Journeys – Health acknowledgement



Journeys – Choosing steps



Journeys - Committing to a step



Journeys - Completing a step

